M 2520

Sunday, January 19, 1975

BARN
Lun c h

MR. NYLAND:

The time has come.

Many times I look at a day as an octave. As (as) early in the morning and whatever work one does during the morning is a DO RE Mi. The afternoon So La Si plus what you contemplate in the evening. In this middle of the day this Fa; that is, lunch. That is the time that the Sun (is) in its zenith for that day.

So there is an upgoing and there is a downgoing. I've always tried to say that this Fa is a very important part of the whole day because you have had experiences during the morning in perhaps seeing yourself as you were and what you have been doing; and you become as it were a little bit more honest in that respect about what has happened during the morning because you want to prepare for the rest of the day the rest of the octave to make it complete. Almost what you haven't done in the morning, perhaps you can do in the afternoon. And at the end of day you contemplate your octave and you see if actually the Law of Seven was completed.

DO for me is always the early morning. Before I start on ordinary work which I have to attend to. RE probably is when I work, attend to things that I hav to do for the morning like every person as he have ( ) something that he is attending (intending) to do during the morning. Regular activities, as maybe at an office, maybe construction, maybe preparing a house - cleaning it up. Things of that kind, whatever it is.

MI is when you go to FA, the is ( ) the end of that point. The end of that little triad. FA means the ( ) of all kinds of wish which can accumulate at that time when you have the time, sitting at lunch, particularly when the lunch is not too disturbed, that it is left to yourself to see what happened during the morning. When only occasionally at a little exchange, it is not something that you have to unload already. And many times at lunch you do too much of that. Do -- don't stay within yourself sufficiently,and, as it were, you don't give yourself a chance for preparing for the afternoon.

I don't want to make it too serious about the division of the day so that each day you get up and have the idea to have another octave to go through. But every once in a while you must come to conclusions that there is a reason why there is a middle of the day.

And that then in that, you see, it is like (haunting) or stopping. It is very much like a birthday in which the whole octave is a past year, and the new octave that has to start. Or that sometimes at the end of the octave you realize that there has been certain parts of such an octave which has brought - which has brought you to that end. Right(like) in the evening you know that the day has been lived. And that it has given you the possibility of really understanding more so that again the next day, very much like the next year - would,I say it again, ( ) this information you have received.

Whatevery you do today may be helpful tomorrow. What you don't do today, you have to do tomorrow, and don't postpone that. In the centerpoint of the day is really where you start to contemplate what are your wishes. What is it in your life what you want, and what you have done in the morning in conformity to that what is the wish of your life.

Now this is very serious. There have to be certain moments at lunch when you contemplate that. You look back for instance this morning. Where have you been; what have you done? How did you do it? I have a little impression here and there because I see some people work. And at Firefly was a bringing in of heavy stones and so forth. How was the attitude of the different people then for themselves? To what extent do you want to be honest about where you may have failed during the morning? What is it that in all honesty you would say: I wish I could repeat what I have done because that what I did was not (the entire area) as it was not up to scrub. It was not up to what I actually could have done, and from the standpoint of Work we always must consider how much of my time was spent in relation to objectivity. I say it is difficult to adjust that because you don't want to be too honest and you don't want to be too critical about yourself. Because, even, whatever there is in the morning, when you reach noon and there is that Fa and you then start to assert your wishes, you see how many there were in the morning they (are represented in Fa. They have existed during whatever you did in the morning, and you have yielded certain results.

The wishes are still there but because they belong to the total octave which is your personality living during one day. And that consideration requires a little bit of intensity at a certain time, maybe a quiet ( ), not losing too much energy in too much discussion.

Which after all the discussions which you keep on going with naturally you have to do with an unconscious living.

On the standpoint of Work, of course I have to consider the attempts for consciousness and conscience for myself every once in a while. Not overloading it, but every once in a while I must be reminded. At lunch is a very good time (as far) because perhaps what I didn't do maybe I can do in the afternoon. Think for a while about how you were this morning in your relationship with different people. When you had to work together. For instance, a group of people who turned or whatever moving such a stone that I have in mind. How were - how was your attitude? Was it affected by what other people did? Did you help them? Did you feel satisfied by others? Did you feel that they didn't respect you? Did you find your proper place in relation to a combination of people or inc ooperation? Did you think that certain things should have been different, and was it your fault or someone else? That all such criticism simply come (came) up? There is no particular reason to hide it;because the more you hide such things and you don't want to think about it, the more the energies in your body are not going to be used primarily for the distribution over the totality of the body.

You see, the problem for us in order to beoome calm and poised? Within you should have the facility of the utilization of all forms of energy which at certain times may even both you and come up to the ( ) because they are under pressure. That then you have a chance to distribute them over the totality of your body in order to reach a balance within yourself. Which then becomes noticable to anything that you would do to (the) outside world or whatever the requirements may be.

I hpe you understand that energies are given in certain functions of the body; and of course we know the head, we know the heart, we know the solar

plexus, we know sex. We know there are different things that have to be done by certain organs and for that they exist. At the same time we also produce extra energy. Extra energy in xxxxxx your head which makes sometimes a headache. Extra energy in your heart which cannot always be expressed and it flows over and it sometimes explodes. Extra energy for sex. What will you do with it? Because each person is subject to that, more or less. And I am not emphasizing sex. I'm only saying there is one that of the different forms of energies which have to be used for the total use of the body itself as personality so that then in the more even distribution you're going to be able to live longer because there is not going to xxxx (be) wear and tear on yourself. There will be much more balance between the three centers. And that what is necessary for the physical will be given by that what is a ( )(cycle, circle?) maybe of an emotional or an intellectual kind. Every birthday, all such things, are united at the present time unconsciously. We are talking about the possibility off directing them so that the energies are not on their own, and not the different parts of their body are on their own with their own little wishes. That all such things come to the foreground for consideration are actually you are concerned with it. And at lunch at Fa you have a chance to see how unbalanced you were and in what, at what time today even have gotten too angry - of throwing of the handle (of going off the handle?) - not being able to control yourself. And maybe in the afternoon you can do something about it. You can really come to yourself in that sense as a consideration of what constantly an aim should be. How to become harmonious. The reason we are not harmonious that it's (is) the unfortunate form in which we happen to live as a human xxxx being. The ( ) centers exaggerate. The feeling is there, and it is not entirely pure; so it is still a feeling in the solar plexus movement; our heart still has to be,as it were, educated. And as far as them mind is concerned it is a wonderful xxxxxxxxxx laboratory where a tremendous quantity of material which is there when it is of very little use when you cannot direct it.

You try, of course, whenever there is something in your mind and your memory , and you want to recall it; and then you say: "Well, I don't know it. I forgot his name." Afterx a little while it comes back when you are more quiet. That is why I say: "The balance has to be there." When that is in your body as a whole, then of course you are a different kind of a man. That is why I kkkk talk about it.

Each time a lunch, each time at the middle of the day take the time off for five minutes and just consider the conditionm of your kingdom. That is your world, and you are governing it. You wish to become master of all the different reactions which take place in you. And you want to be able;kx you want to have the power to distribute that energy in certain directions where you know it will do more good for the totality of your growth. And when you can understand that, you will come to yourself at such times in the consideration (first that)( ) emotional qualities - because they will give the force as energy to that what you want to express in any form of behavior.

So think about that for a while. What will you do this afternoon? Don't just leave. Just go when you can. I will suggest that you stay for five minutes after we get through. And then you decide how can you make this afternoon more mmmf profitable in the sense of Work. I mmm don't need it in the sense of accomplishment, not in the sense of doing physical work only, even if it is moving some stone or whatever you are working on and mmmmmm cleaning on bricks at Neil's house or wherever you will be occupied. That is not of prime importance. What is important; how will you create certain conditions for yourself to remind yourself of your spiritual qualities,of that what is k also you and which is very seldom emphasized. And much too little emphasized because if it is not there in sufficient quantity,it will not give you the balance of the totality which your are required to have. Then there is a wish for harmony.

j I say many times: harmony is not one note. And it is not two or three notes which are not related. They have to be arranged in such a way that it can make a connection. What we call cacophony is that the rates of vibrations don't belong together. What is harmony is that these rates of vibrations are related so that they can fill in the different -- in the different octaves of such a vibration rate, the spaces which are left open; and other tonalities can come in that will produce the harmony for a man. Say it differently: the day has many colours. Then in blue and violet all of them have their function in your daily life. And each part, each little period of a day sometimes can be indicated by the kind of a color you represent at that time innerly. The thoughts you have and the feelings you have. At the end of the day your wish to see this life of one day as ( ). You want to see that the colors can be combined and produced ( )(H)armonious sound, harmonious (appearance), harmonious being.

Why do I talk this way? I want, and I would like very much to see this group grow in that sense so that be (we?) as a group become really as it were known in Warwick that we represent something that is of value. Particularly like I mentioned last night a little thing or a ;ittle characteristic or a little tint of spirituality. That that starts to grow out and being expressed in your behavior with these socalled unconscious people who live in this village of Warwick. Of course, it is stupid to put it that way because we are ourselves so goddamned unconscious and unconscientious that we really don't want to think about it. At the same time there is within us a possibility, a potentiality for wanting to grow and all that is necessary to pay attention to it and have a wish actually to become a man.

That after all is the aim we are striving for. I call it harmonious because that is the best way one can understand it. To be in equilibrium, to be poised, to be (let in) ( ), to have that kind of solidity. Not to be ( ) by the wind or the rain or the snow but just keep to that what you are. Or of that what you have, to have (in) order, or you have to be be able to order the energies around and sense such energies the directions you wish for your growth and for the benefit of those who are in contact with you.

That is the So-La-Si. That is still possible for today. At Fa it is not too late. At the end of the day, the day is gone. Alright, God give you another day tomorrow, let's hope. But do today what you can do, and don't leave it till tomorrow. We can drink to that as an attempt because, you might say, it is Gurdjieff given. It is his meaning of how to become an harmonious man.

Peter is sick and that will ( ). So he won't play. I will play a little bit. I will give you a choice of organ or piano. See that I don't mess up.

To this afternoon. I hope you can Work.

Alright.

And so I figure that will be that, eh?